

National Poison Prevention Week

March 19-25, 2001

SUBMITTED BY LT RANDY MARTINEZ
Pharmacist, MSC, USNR

The mere thought of a child being poisoned is enough to send panic through the minds of most parents, especially the thought of it happening at home. Although it is true that the typical American household contains a wide assortment of potentially dangerous chemicals and medicines, it is also true that this danger can be significantly controlled with the right precautionary measures.

Since 1961 the third week of March has been designated as National Poison Prevention Week. "Children Act Fast...So Do Poisons!" is the theme of this annual event, which was intended as a way for local communities to raise awareness of the dangers of accidental poisoning. In addition to a caregiver's watchful eye, the following guidelines are offered to prevent or treat accidental poisonings in your home:

Know which household items that you keep at home are considered hazardous. They include prescription and nonprescription drugs, iron pills, cleaning products, cosmetics, pesticides, and some plants. Always be watchful when household chemicals or medicines are being used. Many incidents happen when adults are using a product but become distracted for a few moments. Children act fast, and adults must make sure that household chemicals and medicines are stored safely away from children at all times.

As a precaution, know the location of the Accident and Emergency (A&E) or Casualty Department nearest you. During working hours the Naval Medical Clinic at West Ruislip can be reached for assistance and professional advice. The National Health Service (NHS) offers a telephone advice line staffed by nurses, 24 hours a day. When you dial *NHS Direct* at 0845 4647 a nurse can advise you on what to do and who to contact in case of an accidental or suspected poisoning.

If you feel that your child, or perhaps an adult, may have ingested a potentially harmful substance, there are clues to look for: You may see some of the substance remaining around his/her mouth or teeth; there may be burns around the lips or mouth from corrosive items; or, you may be able to smell the product on the person's breath; the individual may vomit or appear drowsy or sluggish, have throat pain, breathing difficulty, stomach cramps, and in serious cases, convulsions or unconsciousness.

What should you do when confronted with a poisoning situation? First of all remain calm. Not all medicines and household chemicals are poisonous, and not all exposures necessarily result in poisoning. For medicines or other unknown substances, call the Naval Medical Clinic, West Ruislip or if after hours the NHS Direct line immediately. Do not give anything by mouth until advised to do so by a health care professional. For household chemical products, follow first aid instructions on the label, and then call for help. If the victim is seriously ill or unconscious dial the emergency medical number at 999. When you contact

emergency personnel, be prepared to give them the following information:

- The victim's age and weight.
- The substance involved and how it contacted the victim. For example, was it swallowed, inhaled, absorbed through skin contact, or splashed into the eyes?
- Any first aid which may have been given.
- If the person has vomited.
- Your name, phone number, location, and how long it will take you to get to the hospital.

While it is good to know what to do in a poisoning emergency, prevention is the preferred above all else. Here are some smart housekeeping rules you can follow to prevent accidental poisonings:

1. Choose child-resistant packaging and keep all chemicals and medicines locked up and out of sight of youngsters.
2. Keep these items in their original containers—leave labels intact and read them before using.
3. Turn on the lights when administering medicine to children.
4. Avoid taking medicine in front of children, as they naturally tend to imitate grown-ups.
5. Refer to medicine as "medicine" – not "candy".
6. Clean out the medicine cabinet periodically, and safely dispose of unneeded medicines when the illness for which they were prescribed is over. Pour contents down the drain or toilet, and rinse container before discarding.
7. Check for outdated or expired medications and dispose of them.
8. Use child-resistant packaging properly – by closing the container securely after use.
9. Keep syrup of ipecac on hand to induce vomiting. This should only be given when a health or poison center professional indicates that it is safe. Syrup of ipecac can be obtained as an over-the-counter item at the West Ruislip Pharmacy.

Every year, since 1972, the number of deaths caused by the ingestion of aspirin, other medicines, and household chemicals has decreased. The number of exposures, however, remains high. A thorough investigation of your home and a review of the precautions mentioned above will help minimize this number also. Poison prevention is the key. Acknowledge National Poison Prevention Week this March and every year to come. Be prepared to be part of the solution.

MESSAGE FROM THE SECURITY DEPARTMENT

Have You Lost It? Maybe We've Found It?

Many items have been turned into the NAVACTUK Security Office and are presently in temporary storage. If you've lost items such as keys, watches, wallets, earrings, sunglasses, clothing, backpacks or currency, please contact the Lost & Found Office at extension 5472 or commercial at 0208-385-5472. We are located at Eastcote, Block 2, Spur 9, Room 901B. Items found at 7 North Audley may be turned into security at that facility. All lost and found items are stored on a temporary basis only.



Nutrition Awareness Month

By V. CHAPA, HM2

Should You Feed Your Kids Cartoon Foods?

Why do children prefer a breakfast cereal shaped like a dinosaur? Because it's fun! And TV promotes the idea that eating should be fun and exciting. Unfortunately, many of these "cartoon foods" are high in fat, salt and sugar and low on nutritional value. They are also expensive.

Nutrition Can Be Fun Too

Parents can satisfy their children's desire for novelty and still maintain good nutrition in the following ways:

- Mix half a bowl of high-sugar "cartoon cereal" with half a bowl of low-sugar cereal. Some delicious cereals have no added sugar at all.
- Be selective. Read food labels and choose those cereals (even ones your child wants) with the most fiber and nutrients and the least fat and sugar. This may exclude some so-called "healthy" or "natural" granolas.
- Limit "cartoon foods" to once or twice a week.
- Add fresh fruit, such as berries, bananas or diced melon or pear, to breakfast cereals whenever possible or serve a glass of orange juice first.

Going Beyond Cereals

Parents can also make their own "fun foods" or, better yet, encourage children to get involved:

- Use a cookie cutter and let children stamp out their own French toast or pancake shapes.
- At lunch or dinner make pasta dishes more fun by substituting zoo animal or teddy bear noodles for macaroni or spaghetti and adding a nutritious homemade sauce.
- Create vegetable art by cutting and arranging carrots and other raw vegetables in interesting shapes. Cookbooks are available with other fun food arrangements, such as broccoli "forests."

Many kitchen gadgets can also help you out here.

Check homemaker magazines for other ideas for making your children's meals more interesting. When kids ask for their favorite cartoon foods, don't "tune them out." Choose foods that are low in fat and sugar and that fit your budget. Then you can give them healthy, nutritious food and still "make meals more fun."

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COOKING TIP

If you accidentally over salt a soup, stew or other water-based dish, try this: Drop a thinly sliced raw potato into the food a few minutes before it is done cooking to absorb some of the excess salt. Finish cooking, stirring frequently, remove from heat and let stand covered a few minutes more. Remove and discard these potato slices and mix in about a half cup of hot water before serving your dish.

GO WITH WHOLE GRAIN

In Scandinavia, robust rye and jaw-fatiguing barley bread are an integral part of most meals.

"There has been abundant scientific evidence in recent years showing that people who consume more whole grains have a lower risk for heart disease," says Joanne Slavin, Ph.D., R.D., professor of nutrition at the University of Minnesota in St. Paul.

To add more whole grains to your diet, eat oatmeal and other whole grain cereals, and choose whole-grain bread instead of white bread whenever possible.

To choose a whole-grain bread or cereal product, look for the following key words as the first ingredient on the Nutrition Facts panel: brown rice, bulgur, graham flour, whole-grain corn, oatmeal, popcorn, pearl barley, whole oats, whole rye or whole wheat.

By Sandra Gordon, writer for *Vitality*, February 2001.

March Health Promotion Classes

Weight Management Course starting 12 March at 1400-1500

6 weeks call for more information

Quick and Easy

Low-Fat Breakfasts

- Toaster waffles topped with syrup
- Fresh-fruit smoothie
- Toasted bagel topped with low-fat cream cheese
- Instant oatmeal
- Single serving of dry cereal
- Plain yogurt topped with fresh fruit
- English muffin topped with jelly

Health Websites:

www.medicinenet.com
www.discoveryhealth.com



TRICAREEurope

U.S. NAVAL MEDICAL CLINICS
UNITED KINGDOM

BY: TRACY VINCENT

TRICARE Medical Service Coordinator

AUTOMATED CALL-IN PRESCRIPTION REFILLS AND MEDICATION INFORMATION

The pharmacy requests that you call in your refills in advance, using our 24-hour automated phone-in refill system. The toll-free number for this service is 0800-919121. Widespread use of this system enables pharmacy personnel to process refills during less busy periods, and improve the service we provide to our acutely ill patients during very busy periods. Walk-in or drop-off refills will be honored, but will be processed at a later time according to workload.

Prescriptions can be requested for pickup at either the Navy-West Ruislip Clinic or North Audley Health Center.

Processing time varies from 1-4 days depending on the site and whether holidays or unexpected events disrupt our filling schedule. Refills requests called in before 12:00 noon for the West Ruislip location will be ready for pick-up after 1:00 p.m. the same day. Refills for the North Audley Health Center are delivered by courier and are generally ready for pick-up after four working days. The automated refill request system will inform you of the proper pickup date at the time of request. Refill processing for both locations is done at the West Ruislip location.

When you call the system at 0800-919121 be ready to provide the last 4 digits of your Sponsor's SSN and the numeric portion of your prescription. The system will instruct on which menu options to select. Drug information about your current medications can also be accessed through one of the menu options. For further information about this service or any other pharmacy related issues please contact the pharmacy 01895616333.

For further information about TRICARE,
please call

Charlene Phillips or Tracy Vincent at
01895 61 6328 or 01895 61 6393.

Email: TRICAREuropeUK@med.navy.mil

PEACE CORPS CELEBRATES ITS 40TH ANNIVERSARY ON PEACE CORPS DAY MARCH 1, 2001

Students at West Ruislip Elementary in West Ruislip received a firsthand account of life in another country on March 1, 2001 thanks to a visit by returned Peace Corps Volunteer Jency Patterson Richards. Having served in Kenya from 1978 to 1980, Jency Richards spoke to students about her experiences there. Currently a resident of Farnham Common, England Jency Richards visited Grades 1 thru 6 as a part of Peace Corps Day celebrations.

On March 1, 2001, thousands of returned volunteers, representing more than 100 Peace Corps countries, shared their overseas experiences with students in all 50 states. Peace Corps Day helps raise awareness for the year-round educational resources that volunteers and the Peace Corps provides. Through participation with educators in World Wise Schools, the Peace Corps' global education program, volunteers past and present bring the world home to students by encouraging the study of geography, promoting cultural awareness, and illustrating the value of service. The day coincides with the Peace Corps' founding by President John F. Kennedy in March 1961.

"Peace Corps Day was started three years ago to shine a spotlight on the agency, the development work of our volunteers around the world, and the continuing service that returned volunteers bring to their communities here in the United States," Peace Corps Director Mark Schneider said. "In March 2000, nearly 12,000 returned Peace Corps volunteers and educators led presentations in the nation's classrooms on Peace Corps Day. I believe that when returned volunteers speak about their Peace Corps experiences they stand as examples of the ideal of service."

More than 161,000 Americans have joined the Peace Corps since 1961. Today approximately 7,300 volunteers live and work in more than 78 nations around the globe. Volunteers return to the United States with a greater understanding of the world and its people. For more information about joining the Peace Corps, call (800) 424-8580 (press 1) to speak to a local recruiter. To learn more about Peace Corps Day, call (800) 424-8580 (press 2, then ext. 1961) or send e-mail to pcday@peacecorps.gov. Peace Corps' web site is www.peacecorps.gov.

POSTAL CORNER

BY PC2 JOHN BING
NAVACTUK Postal Clerk



MPS & IDS Mail

Finally the question that has been pondering the European Theatre for years. What is the difference between MPS (Military Postal Service) and IDS (Intra-Theatre Delivery Service) mail? The answer is simple; they are exactly the same. A new message came out on FEB 01, 2001 on MPS and IDS, we at the Post office thought you should know about it. Here are some of the highlights,

MPS and IDS? MPS and IDS articles that are transported Postage-Free. Delivery of official, personal, organizational and commercial correspondence and parcels that do not enter the USPS network within the United States, its territories, or possessions. To use the IDS, both the sender and addressee must be authorized to use the MPS, and in lieu of postage, the block letters "MPS" must be marked on the envelope or parcel. MPS and IDS correspondence or parcels are not to be referred to as "MAIL" OR "PARCEL POST," nor associated with any USPS accountable mail systems or services. Correspondence or parcels can't be sent to any non-military address. IDS correspondence and parcels are NOT MAIL.

Purpose of IDS and MPS Services? IDS & MPS mail is a significant quality of life service for all authorized users. IDS is a free and reliable way users can send correspondence and parcels at no cost. REMEMBER, as long as it will not enter the USPS system. Which means as long as it stays in the European theatre and doesn't have to go through the states. All size and weight restrictions applicable to mail apply to IDS and MPS.

Requirements for MSP & IDS mail. IDS and MPS must meet all requirements for mail, other than postage, including complete delivery and return addresses. Always include the grade, full name, unit name, PSC/CMR/Unit number, lock-box number (IF APPLICABLE), and MPO number. Any envelope or container acceptable for US mail is also acceptable for IDS and MPS. Envelopes and containers must be sealed. Any previous marking on an envelope/container to be reused must be completely obliterated. Paper, tape or heavy marking pen must be used to completely cover all previous markings.

IDS Restrictions. Sending or receiving items through the MPS & IDS to advertise home business, sell merchandise, or to conduct business for commercial purposes is prohibited. This prohibition applies whether the person is an authorized MPS & IDS user or not, and regardless of the beneficiary of the proceeds.

USE OF IDS FOR TRANSPORT OF PERSONAL PROPERTY IN CONNECTION WITH PCS/TDY MOVES, *IS PROHIBITED*, with the exception of uniforms and personal gear required to perform official duties at next duty station. Special USPS services (I.E. Insurance, registry, ETC.) are not authorized with IDS. Patrons must pay postage and fees for these services.

Any material that is prohibited from being mailed through USPS is also prohibited from being mailed MPS & IDS. If you would like to read this entire message just ask one of our friendly Postal Clerks. There is one posted at all three of our locations.

COLA CHANGES

If you haven't already noticed...your COLA has been adjusted. This is only due to the exchange rate. The rate being used for March 15th payday, effective from March 1st, is \$1.49 - £1.00. The dollar amount will be smaller from last months pay period; however, it is comparable to the average rate currently in effect for the United Kingdom. The exchange rate has been rising slightly, I will keep all of you updated if there will be another increase or decrease in your pay. In addition, our Index has dropped a bit as well. The Index helps rate our purchasing power and is determined from the Living Pattern Survey, which is filled out by service members and is completed every three years. This Index adds up the percentage of two numbers. The first number is the average of the amount of time service

members spend shopping in the economy and the other is the percentage of time spent at the Commissary/Exchange.

There is an equation to figuring out the result of the exchange rate and the two numbers that total our Index; the lovely individuals over at the Per Diem, Travel, and Transportation Committee performs this wonderful task. Every location within the United Kingdom has different numbers to equal one Index number...the point change varies from location to location depending on the percentages used from each individual survey. Remember that you can always get a heads up on your pay by logging on to the Per Diem, Travel, and Transportation Committee website at www.dtic.mil/perdiem, the code for Central London is UK380. This will show you how to plan for next payday.